

Circles of Health

Red + Blue = Purple!



Exercise / Movement / Stretching Sleeping / Rest **Eating Drinking**

WELL

BEING AT

WORK

Team Health

Equity & inclusion

Communication

Management

Successful teleworking

Professional development

Team building / team types

Mental Health

Friendship / Play

Spirituality / Gratitude Financial Health

Addiction

Breaks / Vacations

Anxiety / Depression

Parenting Kids / Pets

Arts / Music

Mindfulness

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